

RE: Rep. Lucido's HB 4011 to return to Standard Time, ending Daylight Saving Time.

All the research in the past decade (Europe/US) has revealed the negative impact on health, safety and increased death rates related to Daylight Saving Time (DST). Therefore ending DST would be a simple, easy change that would support human health and safety and reduce costs on many levels.

- 1- Human Circadian Rhythm never adjusts to DST (German studies). (performance degradation).
- 2- Myocardial Infarction/heart attacks increase after spring DST and decrease after fall DST return to Standard Time. (Increased health care/insurance costs)
- 3- AAA study over a decade ago, revealed a 22% increase in auto accidents directly due to DST and a 6% increase in auto deaths the week after DST increasing insurance costs.
- 4- Increases work accidents. (Increased health care/insurance costs)
- 5- SAT scores are lower by 20%.
- 6- DST nullifies and defeats the American Pediatric Academy recommendation for later class start times for middle and high school kids.*
- 7- Mandatory state school tests are run shortly after DST, when students are sleepy.
- 8- Recent Alzheimer's research out of Oregon Science Univ. reveals that deep sleep cleanses the brain of toxins. When the beta-amyloid protein builds up it can cause scarring and a precursor to Alzheimer's decades before diagnoses. No cure for Alzheimer's and will be epidemic with major health care costs. DST disrupts deep sleep.
- 9- Lack of deep sleep exacerbates diabetes and depression. One study suggests that it can bring on childhood diabetes. Pharmaceuticals do not help induce deep sleep.
- 10- It costs \$1.7 B annually to change watches and clocks. (Wm. Shughart)
- 11- It no longer saves energy but increases costs in some areas.
- 12- Most sports fields are LED lighted today.
- 13- Over 70% of consumers shop on-line.
- 14- Farmers were wrongfully blamed. Cows and corn can't read clocks. Tractors have lights. Farmers feed the world. Golf courses waste water!*
- 15- The sun cannot be controlled.

Ref: "Shadow Work": The unpaid, unseen jobs that fill your day, By Craig Lambert.
"Spring Forward", by Michael Downing. "Seize the Daylight", by David Prerau.
"Diabetes A to Z", American Diabetes Assn., "Business Insider: 25 Horrible Things That Happen If You Don't Get Enough Sleep", "Business Insider: Daylight Saving Time Is Bad For Your Health". * "Study Finds Late School Start Improves Teen Behavior", Dian Schaffauser, The Journal & Campus Technology. And articles on the web.

The population has been conscripted. We must question politician's holding the majority hostage to an antiquated law. Texas lawmaker, Rep. Dan Flynn, R-Van: "It makes no sense."

I wonder if litigation is possible if proof of death was due to DST?

*BTW: My husband's religion was golf. He genuflected on the first hole.

The human circadian clock's seasonal adjustment is disrupted by daylight saving time.

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Abstract

A quarter of the world's population is subjected to a 1 hr time change twice a year (daylight saving time, DST). This reflects a change in social clocks, not environmental ones (e.g., dawn). The impact of DST is poorly understood. Circadian clocks use daylight to synchronize (entrain) to the organism's environment. Entrainment is so exact that humans adjust to the east-west progression of dawn within a given time zone. In a large survey (n = 55,000), we show that the timing of sleep on free days follows the seasonal progression of dawn under standard time, but not under DST. In a second study, we analyzed the timing of sleep and activity for 8 weeks around each DST transition in 50 subjects who were chronotyped (analyzed for their individual phase of entrainment). Both parameters readily adjust to the release from DST in autumn but the timing of activity does not adjust to the DST imposition in spring, especially in late chronotypes. Our data indicate that the human circadian system does not adjust to DST and that its seasonal adaptation to the changing photoperiods is disrupted by the introduction of summer time. This disruption may extend to other aspects of seasonal biology in humans.

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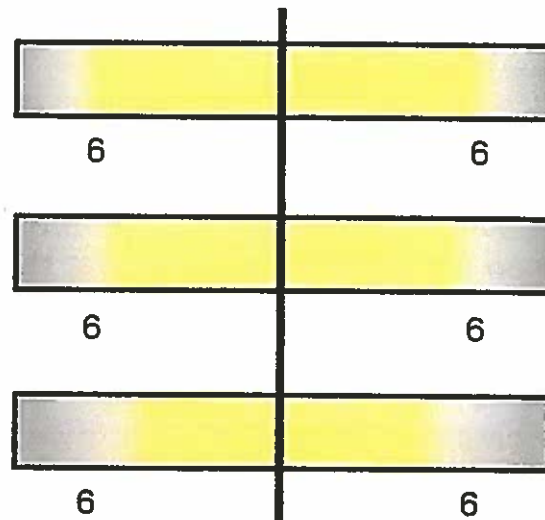
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Daylight Saving Time is Mathematically Illogical

7 November 2010, 12:00 pm

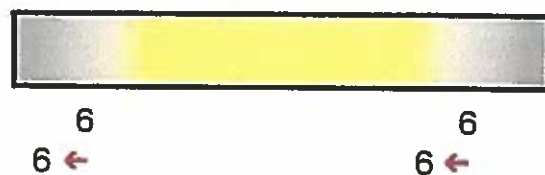
I've always found *daylight saving time* confusing, and now I know why: mathematically, it doesn't make sense.

As summer turns to winter and our part of the Earth spends less time in the sun, the length of the day contracts. This kind of transformation is known as a *dilation*—a shrinking or stretching of something.



The yellow part of the graph represents the amount of sunlight per day. This part dilates, while the times-of-day on the clock stay fixed.

In order to increase the amount of productive daylight, we *translate* the times-of-day. Naturally, this doesn't change the amount of available sunlight; it simply shifts the clock-times so that more of that sunlight occurs during preferred times-of-day.



Thus, the new day looks like this.



Essentially, *daylight saving time* tries to counteract a dilation with a translation. But mathematically, the way to truly counteract a dilation is with another dilation! Thus, the mathematical logic of daylight saving time is faulty.